



Managing Stress: Handle, Control, Prevent

By Sumita Roy

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Managing Stress: Handle, Control, Prevent, Sumita Roy, The world of today brings us face-to-face with situations and contexts which are constant sources of stress. Managing stress, and not stress removal or elimination, is the mantra of the present. We are not aiming to achieve a stress-free society; instead, what we are attempting is to learn how to keep the level of stress within control, to accept its positive dimensions, and not allow its negative dimensions to have adverse effects. Stress is thus a valuable learning experience which brings inner strength and regulates our mental/spiritual health, as well as, gives a fillip to our physical well-being. This book addresses to all these aspects of stress management and is a practical guide for those who want to translate these techniques into practice to make their lives more liveable.



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